

Summer 2018 News

SSHA and BASHH have developed a system of 'complex coding' to recognise and record detailed Sexual Health Advising work.

The codes capture complex health advising interventions such as: risk reduction and MI; drug use and chemsex; support around HSV, HIV and other BBIs; PEP and PrEP.

There has been interest from SHA teams across the UK. Participating clinics will be involved in a national audit in late 2018 to produce an abstract at BASHH in 2019.

For more information, including how to be involved, contact:

ceri.evans@chelwest.nhs.uk 'phone 0203 315 9779 or go to www.ssha.info.

SSHA Annual Conference 2018

Date: Saturday 22nd September 9.30 — 4.30

Venue: Diskus Room, Unite Building, 128 Theobald's Road, London, WC1X 8TN

Topics to include:

- Forensic Safeguarding
- The IMPACT Trial — PrEP
- What does U = U mean in Clinical Practice?
- GRASP — GC Resistance
- Exploring Partnership Typology
- Accelerated PN Trial
- Data Application Survey
- Behaviour Change Wheel

Call for Papers: would you like to present at SSHA Conference? Email: martin.murchie@nhs.net

Cost: SSHA/Unite Member £75 Non Member £95

For further information and to book a place go to:

www.ssha.info

Or:

<https://www.eventbrite.co.uk/e/society-of-sexual-health-advisers-annual-one-day-conference-2018-tickets-45929592648#tickets>

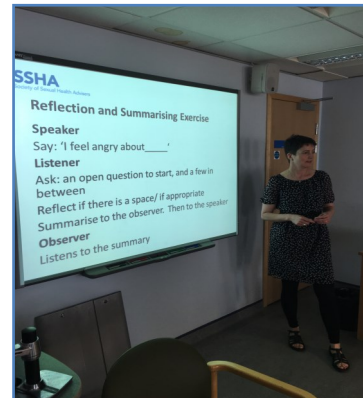
CPD: Motivational Interviewing (MI) Study Days

The study days will prepare participants for the BASHH SSHA competency in MI

Talk Change—Change Talk: Motivational Interviewing for Practitioners in Sexual Health

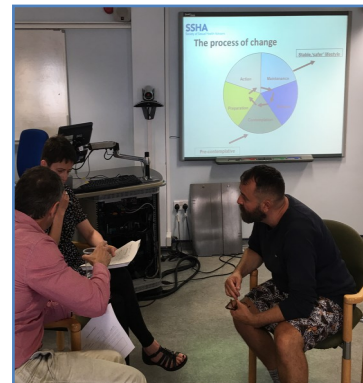
Day 1: Advanced Communication Skills for Practitioners in Sexual Health

- The Pillars of Motivational Interviewing
- Resisting ‘the Righting Reflex’
- OARS & complex reflection
- Engagement through reflection
- A taste of MI
- Practical engagement in your setting



Day 2: Using Motivational Interviewing to support Behaviour Change

- Overview of MI
- Evoking: Recognising ‘Change Talk’
- Evoking: Eliciting ‘Change Talk’
- EARS: Responding to ‘Change Talk’
- Focusing
- Planning



As day 1 forms the basis for day 2, it is preferable that practitioners wishing to acquire skills in MI attend both days. Practitioners wishing to develop advanced communication skills only may attend day 1 as a stand-alone study day.

Cost per day:

SSHA/Unite Member £85

Non Member £95

Friday 26th and Saturday 27th October the Unite Building, 128 Theobalds Rd, London, WC1X 8TN

Friday 9th and Saturday 10th November the Seminar Room, Sexual Health Sheffield, S10 2JF

For further information and a booking form go to: www.ssha.info

Good Practice: Motivational Interviewing (MI)

Dorinda Thirlby, Senior Health Adviser, Withington Community Hospital, Manchester

I find MI particularly helpful for my risk reduction consultations. They used to be more directive, focusing on what patients 'should' do. But recognising that we *all* take risks with our health (whether it's eating, drinking, smoking or exercising) has helped my understanding of patients' choices.

So now I might ask: 'what's good about not using condoms?' And then: 'what's not so good?' I simply reflect their dilemmas and help the person find their own reasons for change.

Of course, this looks like a smoothly flowing conversation where the person *just happens* to become increasingly motivated to reduce their risks. In practice it involves a complex set of skills – open questions, affirmations, complex reflections and summarising - to 'guide' the person to change.

MI has been the most important training I've undertaken for my role – it really helps communicate well with patients.

For demonstrations of different aspects of MI, go to www.motivationalinterviewing.org. Maybe start with 'other resources' and 'motivational interviewing in primary care' under 'vimeo links' - I promise you'll enjoy it!



For information on MI training go to the section **CPD: Motivational Interviewing Study Days**

The current picture of Sexual Health Advising 2017

The survey completed by 245 respondents between 18/08 and 20/09/2017 showed that:

- The provision of partner notification, management of positive results, STI/HIV prevention and emotional support remain the backbone of Sexual Health Advising.
- In addition, many practitioners have responded to evolving patient needs by providing safeguarding, and interventions on alcohol and drugs; and on PEP/PrEP.

A poster will be presented at BHIVA/ BASHH in April 2018 and more detailed results will be presented at SSHA conference in the autumn.

SSHA Organising Professional Committee (OPC)

If you would like advice or support on national standards and good practice in Sexual Health Advising, contact your regional rep at: www.ssha.info.

Do you work in a clinic in Derby, Leicester, Northampton or Nottingham areas?

The SSHA regional rep post for the East Midlands is currently vacant. The role involves attending a quarterly meeting and keeping in touch with local membership. All your travel expenses are paid and time is given by your employer - and your work will benefit your clinic.

For more details email: martin.murchie@nhs.net.



As a SSHA member you can receive the following benefits:

- Contingent Medical Malpractice Liability Insurance—cover for both Sexual and Reproductive Health Nursing & Sexual Health Advising roles
- Reduced cost SSHA Annual Conference
- Reduced cost Continuing Professional Development through SSHA Study Days
- Support via your Regional Rep
- Trade Union Membership

To join SSHA go to: www.ssha.info/about/join-ssha/

Keep Informed with SSHA

Sign up for our e-bulletin at: www.ssha.info
to keep updated on the latest news in sexual health

